

TRAINING TIP OF THE WEEK

WHEN THE RUBBER HITS THE ROAD

When purchasing a pair of running shoes, more sophistication is needed than, "If the shoe fits, wear it." First, you have to understand what foot type you are. There are three common types: low arch, neutral arch, and high arch. The best way to determine this at home is to get your feet wet and walk barefoot on pavement or a piece of paper. In a low arch foot, there will be little to no curvature from the big toe to the heel, and in a high arch there will be an extenuated curve making the footprint look very skinny. Athletes with low arches tend to overpronate, meaning your feet roll inward when running, and need a shoe that maintains foot stability. Look for words like motion control and stability when purchasing a shoe. High arched athletes usually have rigid feet that underpronate, meaning their feet roll outward when running and a shoe with a flexible, soft midsole that absorbs shock is best. For every shoe that you are considering, make sure that it has a flexible sole but not so much that the shoe can be bent easily in half or twisted like a pretzel. The last tip is to shop later in the day for running shoes because feet naturally swell as the day progresses just like they do during exercise, making sure you get the best fitting shoe possible.



www.AthleticareSportsMed.com is a great resource for all your sports medicine questions



128 E. Milltown Rd., Suite 105
Wooster, OH 44691
330-345-8060